

Tobacco Use—It's An Addiction

US Army Center for Health Promotion and Preventive Medicine
Directorate of Health Promotion and Wellness
410.436.2303, DSN 584
DHPWebContacts2@amedd.army.mil

As a Soldier, you are a Warrior trained to fight and win against all enemies. Tobacco is not often thought of as an enemy. An enemy takes control and forces you to do things that you don't want to do. But using tobacco is a personal choice isn't it? Well

A Soldier who uses tobacco probably started before joining the Army and has kept on using just to fit in with the group and to satisfy a craving for tobacco. This Soldier has probably tried to quit a couple of times, but couldn't because not using tobacco felt really bad. So the Soldier went back to using tobacco just to feel better.

It starts to sound a lot like an addiction. A drug addict is physically addicted to what he or she craves, has specific triggers that bring on the urge to use the drug, and will put out a lot of time, money and effort to use the drug and satisfy the urge.

Sound like any smokers you know? Does it sound like you?

Soldiers who smoke are most likely addicted to tobacco. Addiction takes away freedom. If you are addicted to tobacco, you are not truly free.

But you may not believe that you are addicted to tobacco. You may think that it is a personal choice—you like smoking and so you do it of your own free will.

Well, try this. November 16 is the Great American Smokeout. Just stop smoking for a day, 24 hours. No big deal.

If you make it through the 24 hours without getting fidgety, and crabby, and wanting a cigarette more than anything else—then hey, you're probably not addicted.

But if you can't make it 24 hours without getting all-bent-out-of-shape, you probably are addicted. And you need to make a plan to beat the addiction and become tobacco free.

There are a lot of resources to help you become tobacco free. The Army health care team stands ready to help. Let your health care providers, your friends, and your family know that you are going to fight tobacco addiction. Decide that no matter what it takes, you are going to beat tobacco—you are going to win.

Just do it. Be free!

It's drug addiction. (Poster)



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STRAC—Be Free!



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